SMARTPHONES, TABLETS, COMPUTERS AND TELEVISIONS ARE NOW PART OF DAILY LIFE

3% of people use one or more devices for work
9% for leisure
28% for children
6% for teenagers
12% for adults
10% for baby-boomers

ON AVERAGE

7 hours and 24 minutes is spent in front of a screen every day, including 2 hours and 10 minutes simultaneously.

IT INVOLVES EVERY GENERATION

CHILDREN
5-15 years

Nearly 1 in 4 children spend more than 3 hours a day on digital devices.

YOUNG ADULTS
16-35 years

Almost 4 in 10 spend at least 9 hours a day on digital devices.

ADULTS
36-55 years

Nearly a third spend at least 9 hours a day on digital devices.

BABY-BOOMERS
56-70 years

1 in 4 baby-boomers spend at least 9 hours a day on digital devices.

25% of baby-boomers are more likely to have a television than other generations.

81% have more tablets or e-readers than other generations.

48% of parents say they’re concerned about the potential impact of digital devices on their children’s eyes.

22% of people use one or more devices for work

50% of people use one or more devices for leisure

3% of people use one or more devices for children

9% of people use one or more devices for teenagers

28% of people use one or more devices for adults

10% of people use one or more devices for baby-boomers

THESE DEVICES ARE USED FOR ACTIVITIES THAT ARE VERY DEMANDING ON OUR EYES

44% for work

43% for leisure

FOR EXAMPLE:

3 in 4 people make extra effort to read or look at a screen.

3 in 4 people suffer from dry, tired eyes.

63% of people don’t know that digital devices emit blue light that is harmful to their visual health.

FEW PEOPLE REALIZE THE IMPACT ON OUR BODY

© Essilor 2016